FAMILY LIFE

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MARRIAGE AND RELIGION

Regular church attendance has been found in Great Britain, as in the United States, to be associated with happiness in marriage. Survey of more than 5,000 wives, reported by Eustace Chesser, throws new light on this subject.

"Where husband and wife went to church regularly, 91% of the informants stated their marriages to be exceptionally or very happy," Dr. Chesser reports, "whereas when neither went the comparable figure was 62%. It was interesting to find that the lowest percentage of happy marriages (55%) and the highest percentage of unhappy ones (12%) were found in the group where the wife sometimes went to church but the husband never did."

Writing in *The Health Education Journal* (London, May, 1956), Dr. Chesser also compared the various large religious groups in the English population. "Those professing 'no religion produced the lowest figure (67%) saying that they were very happily married and the highest (12%) unhappily married. At the same time they gave one of the highest percentages for unhappiness in childhood and for the practice of premarital intercourse." The Non-conformists or, as we would say on this side of the ocean, the members of Protestant "evangelical" churches, produced the highest figure for happy marriage (81%) and also the highest percentage of those saying they had been [illegible] in childhood; one of the lowest for premarital intercourse and the second highest for regular church attendance. The Church of England figures "did not appear to be significant in one direction or another." The Jewish informants "produced average figures for childhood but the lowest for the practice of premarital intercourse and, incidentally, the lowest percentage of all the religious groups for happiness in marriage.

"The Roman Catholic informants produced the highest among the religious groups for unhappy marriage and the highest percentage saying they had been unhappy in childhood as well as, surprisingly, one of the highest for the practice of premarital intercourse. But they topped the poll for regular church attendance."

These findings were derived from questionnaires which 1498 general practitioners distributed to their women patients from the age of 14 upwards. In this

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preliminary report no information is offered as to the possible representativeness of the various groups, although Dr. Chesser (a well-known medical man and writer on sex and marriage) says that, in regard to the large religious groups just mentioned, "the sample was reasonably representative of the general population as far as is known." The whole study will be reported in a book to be published by Hutchinson's Medical Publications Ltd., this fall, under the title of *The Sexual, Marital, and Family Relationships of the English Woman.*

What is the significance of the fact that church attendance seems to be associated with happiness in marriage? "Do the religious informants find it easier to be happy—or do the happy ones find it easier to be religious?", Dr. Chesser asks. "Can the assertions of the religious informants — namely, that they are very happy — be colored by a religious conviction that they ought to be so?"

"As far as happiness in marriage is concerned, the greater success of the religious informants might be attributed to the fact that where two people are agreed in their attitude toward religion it is easier for them to reach agreement on other matters arising out of the marital relationship.

But one is still left with the question—why should some of the informants have been 'religious' and others not? Conditioning and upbringing would have played some part — but one wonders how far it is the capacity to conform to prescribed codes of conduct and morality generally that determined whether or not one will be 'religious' . . . The common characteristic of the religious informants was a greater ability or willingness to abide by the traditionally accepted codes."

"That the non-religious informants should have found conformity more difficult may equally have been due to features of character and temperament — in their case, perhaps those of rebelliousness, agggression, and resentment of authority, the very factors, indeed, that would operate against their being 'religious.' They may, of course, simply have had no desire to conform or else resented conformity as a restriction on their personal inclinations. Such types as this would probably have found adaptation to others — especially to a marriage partner — much more difficult and complex, which might explain why fewer of them achieved success in marriage.

"Different minds, naturally, may find different explanations for the association between religion and happiness shown in these findings. But undoubtedly 'conformity' — with all its implications in the way of inclusion in, and approval of, our own group or community — plays a large part."

Educational Notes

FAMILY ALLOWANCE LEAGUE "was formed to promote interest in improving family income by uniting all those interested in Family Allowances as one of the means of helping America's families to help themselves to a richer, fuller, more spiritual life." It has a number of reprints for sale at nominal prices. Address is P. O. Box 395, Grand Central Station, New York 17, N.Y.

TEACHING AIDS on life insurance and money management are available without cost from the Institute of Life Insurance, 488 Madison ave., New York 22, N.Y.

TOWARD SUCCESSFUL MARRIAGE

Before you apply for a divorce, do everything you can to find alternatives, says James R. Hine in a unique workbook for unhappy couples and for marriage counselors. "Divorce is an unpleasant and often devastating experience to avoid if at all possible. It leaves a lasting effect upon you, your family and friends, and your community."

"No marital difficulty is caused by one of the partners only," he insists. "Both are at fault. Remember that you have played your part in bringing matters to the point where they are now. Therefore you can do something about the situation by beginning with yourself. Go to a minister, priest, or rabbi, or to a marriage counselor and ask for assistance in dealing with your problems. Perhaps you are too proud to admit that you need help or that you could have made mistakes. Overcome this feeling."

"Be skeptical about thinking, 'A divorce will solve my problem,' or 'In another marriage I will find the perfect partner and the happiness of which I dream.' Remember: in all marriages there are conflicts and problems. There is no such thing as a 'perfect marriage partner' just for you. The good marriage is the one in which the couple have learned to meet their difficulties and their differences successfully.

"Almost every couple can with determination, faith, and good help from a competent counselor, make their marriage work. Happiness is not an accident. It is an achievement."

To aid those seeking this achievement Dr. Hine, an experienced marriage counselor and director of the McKinley Foundation (Presbyterian Center for Students), Champaign, Ill., gives in this book, called *Alternative to Divorce,* detailed outlines for discovering what is really the matter. There is a long list of possible areas of conflict, on which anyone can rate his own marriage. There is a section called "What's the matter with him?", in which a wife can check her husband on 74 points, while the husband is offered a parallel list of 65 possible defects in his wife. Each of these can be summarized in a shorter list, in which various complaints can be ranked in order of importance.

"Do we have conflicting ideas about what a marriage should be?" This section gets at the important matter of attitudes, with 53 points listed on which agreement or disagreement of the two can be registered. Parental background of each is then taken up; after that, the differences that might result from conflicting personalities; and finally a very helpful section to find out "How far apart are we in our attitudes, tastes and opinions, our interests, our hobbies, our philosophy of life?"

The next section goes directly to the point of improvement when it asks "In what ways am I willing to change? Where have I been at fault in lack of knowledge (sex, homemaking, financial matters, child care)? Where have I been at fault in lack of understanding (of myself, of the person I married, of marriage itself, of children, of personal relationships in general)? Where have I been at fault in lack of skill (as a homemaker, as a lover, as a parent)? And in the resources provided by religious faith? This should prove to be one of the most valuable sections of the book, to the ordinary reader.

Following this the husband or wife is invited to consider "What are the good

things in our marriage?" Points of agreement are noted, first independently and then by comparison of the answers of the two spouses. Duplicate schedules, easily detachable, are appended for this purpose. There is also an extensive list of recommended readings. Dr. Hine concludes by emphasizing once more the desirability of counseling, so that a disinterested outsider may aid in the interpretation of the the marriage, and he gives this list of instructions:

1. Make friends and live a normal social life.

2. Read the best books in the fields of marriage, human relations, and religion.

3. Don't hesitate to let competent people help you. Don't go to just anyone for assistance. Select one experienced person and stay with him until he has had an adequate chance to help you.

4. Become active in the affairs of your community; lose yourself in a good cause.

5. Cultivate good habits and leisure time activities. Try to get your husband or wife interested in them with you.

6. Become active in some church or synagogue.

7. Learn the vast resources in meditation and prayer.

8. Begin to practice some form of worship in your life and in your home.

This practical little book (mimeographed) should be of great value to many persons who are called on to do marriage counseling but have really little ieda of what it means. Psychiatrists and psychologists have been trained to deal primarily with an individual, not with a marriage. Clergymen often have only vague ideas as to how they can proceed. Teachers, executives of community organizations, and others who are faced with the opportunity, often with the necessity, of doing marriage counseling, can get from Dr. Hine a sound idea of practical approach. Simple as it is, the book might be more helpful than much more pretentious "scientific" works.

Dr. Hine has brought out, in the same form, two other handbooks. *Your Wedding Workbook* is a guide for the bride-to-be and Natalia Belting is listed as joint author. It is hard to think of any detail of etiquet and planning that is not discussed in it. *Grounds for Marriage* is called a study and work manual to be used by marriage counselors, ministers, teachers, and couples preparing for marriage. It contains many self-rating scales which a couple can fill out for themselves, then discuss with each other and with the clergyman or marriage counselor. These include outlines of background, attitudes, personality traits, and interests. Religion is of course particularly stressed, and there are outlines of several forms of wedding ceremony.

Each of these books, in a heavy enameled paper cover, is sold for $1.66, with 40% discount to ministers, marriage counselors, and teachers, by McKinley Foundation Publications, 809 South Fifth st., Champaign, Ill. They represent a very significant contribution to the strengthening of marriage and family life. ●

Notes From the AIFR

HOME STUDY COURSE IN SEX EDUCATION, one of the Institute's publications that has enjoyed many years of popularity, is now issued in two sections. The first covers the years from birth to age 11 or 12; the second takes in adolescence and preparation for marriage. It is believed that this will be more satisfactory to parents who have either young children, or else adolescents, in the home. The cost of each section is $1.25; the two sections together sell for $2, as in the past.

Author of the course is Roy E. Dickerson, executive secretary of the Cincinnati Social Hygiene Association and a recognized authority in this field for more than a quarter of a century.

LESS WORK, MORE FUN, FOR HOME MAKERS, a course of six discussions given at the Institute office, has proved so popular that it is being repeated, and requests for it have come from a number of other communities. Led by Mrs. F. Graff Sinclair, the course helps home-makers to make their jobs easier and less time-consuming, with more inexpensive and more satisfactory recreation, and more teamwork for the children.

WORKSHOP on family life, presented by Paul Popenoe and Roy E. Dickerson during the week of June 18 at Stout State College, Menomonie, Wis., enrolled 250 persons, while more than 200 others were turned away because of lack of accommodations. The workshop was sponsored jointly by the college and by the Wisconsin State Board of Adult and Vocational Education. ●

For Better Education

A few years ago the American Social Hygiene Association received a grant of money to be used in promoting better education for family life in the United States. To date three books have appeared as a result of this work. *Suggestions for Preparing Teachers in Education for Personal and Family Living* (1954, $1) offers 100 pages outlining eight units, covering the subject from infancy to the later years, and devoted mainly to listing books, pamphlets, and audio-visual material. *Strengthening Family Life Education in our Schools* (p. 185, price $1) is the report of a mid-west project on in-service education of teachers and outlines in great detail the topics and activities that are likely to be considered, with suggested ways for dealing with them. The third volume, *Education for Personal and Family Living: a Working Guide for Colleges* (pp. 144, $1) takes up curricular and supporting activities and then considers "implications for the specialties," pointing out ways in which the language arts, the fine arts, and half a dozen other parts of the curriculum can contribute to the over-all objective of strengthening family life. The volume concludes with extensive lists of printed matter and audio-visual material. These three books represent the pooled judgments and experiences of a large number of educators. They are obtainable from the Association at 1790 Broadway, N.Y.

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To Improve Counseling

With the steady and rapid development of counseling as a specialty, it has long been evident that many different disciplines have interests in it and would profit by comparing notes, each gaining from the experience of others. Social workers, personnel officers, probation officers, school counselors, executives of organizations such as the YMCA and YWCA, youth leaders, clergymen, counselors in marriage and family relations, and many others are employing techniques in common. The Interprofessional Association for the Advancement of Counseling is an organization created to bring all such groups together for mutual benefit. Membership is $2 a year and the secretary is Walter C. Hart, director of the family service of the Volunteers of America, 333 S. Los Angeles st., Los Angeles, Calif. Now four years old, the organization was originally incorporated under the presidency of psychologist Doncaster G. Humm with the name of the Association for the Advancement of Personnel and Counseling Practices.

Research Notes

BIRTHS are more frequent in the morning hours, according to a survey of 33,215 which found the peak hour to be 5 a.m. It showed nearly half as many births again as in the low hour of 7 p.m. (Peter D. King, *Science,* June 1, 1956.)

FIRST-BORN CHILDREN in large families have the poorest adjustment record, say James H. S. Bossard and Eleanor Boll of the University of Pennsylvania. Studying families with more than six children, they found boys somewhat better adjusted than girls. In-between children do better than either first-born or last-born, but the last-named are slightly more successful than the eldest. "Poorly adjusted children, considered collectively, tend to be grouped in homes in which the father is domineering, or the mother is ineffective and irresponsible, in which the children are exploited, and where health problems abound." *(American Journal of Psychiatry,* May, 1956.)

HOUSEHOLDS in the U.S. in March, 1956, were estimated at 48,800,000, by the federal Census Bureau. Urban and rural non-farm households increased by about a million a year, between 1950 and 1956, while rural-farm households declined by 100,000 a year. The count of households is equivalent to the number of occupied dwelling units. Number of married couples not maintaining their own household (i.e., "doubled up" with another family) is 1,300,000.

DISABLING ILLNESS is more frequent, at every age, among women than among men, according to a survey by the Metropolitan Life Ins. Co.

NUMBER OF MARRIED PERSONS in the U.S., including the Armed Forces overseas, is now nearly 90 million.

Inexpensive Pamphlets

FACING DISAPPOINTMENT IN THE FAMILY, by Ruth McAfee Brown. Pp. 4, price 5c from Presbyterian Distribution Service, 234 McAllister st., San Francisco 2, Calif.

WHEN DEATH HAS TAKEN ONE YOU LOVE: some practical suggestions for Christians. Pp. 6, price 40c per dozen from Whittemore Associates, 16 Ashburton Place, Boston 8, Mass.

MENOPAUSE — is it a change of life? Pp. 15, price 15c from Human Relations Aids, 1790 Broadway, New York 19, N.Y.

TOWARD UNDERSTANDING GIRLS IN LATE CHILDHOOD (AGES 9-11), by Clarence G. Moser. Pp. 6, price 25c from R. E. Somme, 30 Yale st., Maplewood, N.J.

HELPING CHILDREN DISCOVER BOOKS, by Doris Gates. Pp. 38, price 50c from Science Research Associates, 57 W. Grand ave., Chicago 10, Ill.

HEREDITY COUNSELLING: its services and centers, by Helen G. Hammons. Pp. 14, price 25c from American Eugenics Society, 230 Park ave., New York 17, N.Y.

EDUCATION IN A NUTSHELL, by Rex D. Hetherington. Pp. 27, price 50c from the author, 1310 Sanborn ave., Hollywood 27, Calif.

TOO YOUNG TO MARRY? by Lester A. Kirkendall. Pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

WHO IS DELINQUENT? by Fritz Redl, free on request to Natl. Institute of Mental Health, Public Health Service, U.S. Dept. of Health, Education, and Welfare, Washington 25, D.C.

PSYCHIATRIC CONSULTATION IN THE FAMILY SERVICE AGENCY, price 50c from Family Service Assn. of America,

192 Lexington ave., New York 16, N.Y.

SOCIOLOGY AND THE FIELD OF MENTAL HEALTH, by John A. Clausen. Price 50c from American Philosophical Society, N.Y.U., 100 Washington Square East, New York 3, N.Y.

BETTER HUMAN RELATIONS — the challenge of social work, by Lucy Freeman. Pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

WELL CHILDREN: a progress report, 1953-55. Pp. 91 (paper covers, no index), price $1 from The Institute of Child Study, University of Toronto, 45 Walmer Road, Toronto, Ont., Canada.

THE EMPLOYED MOTHER, pp. 4, price 5c from Office of Adult Work, Presbyterian Board of Christian Education, Witherspoon bldg., Philadelphia 7, Pa.

Around the World

ABORTIONS are more numerous than births in Japan, according to calculations of the Welfare Ministry. Last year 1,170,000 abortions were reported but it believes the true figure is close to 2,000,000. Births for 1955 totaled 1,727,040. Alarmed, the Ministry calls for intensification of the educational campaign to teach contraceptive methods.

CAMBODIA adopted a plan of family allowance last year. This brings to 35 the number of nations which now make some sort of provision for the expense of rearing children.

TURKEY has inaugurated a widespread educational campaign to help women to be better mothers and housekeepers. Evening classes are offered to women in the large cities, and special courses in the villages and rural communities.

ROMANIA has revised its code of family legislation, apparently in general accord with Communist principles. Equality of the sexes is established; hence the father is no longer the head of the family, and decisions must be made by accord between husband and wife. The latter is not obliged to take her husband's name at marriage. Divorce is permitted on demand of either spouse, after the judge has made an attempt at reconciliation.

SOCIAL WORKERS in Gujerat, India, held a meeting to discuss the high increase in suicides among married women. Persecution by the husband or members of his household was listed as the primary cause. An ex-governor of Bombay, who presided, suggested that the law be amended to provide punishments for those guilty of persecution, such as mother-in-law and sisters-in-law. "Mother-in-law is considered proverbially as a devil all over India, and not in Gujerat or Saurashtra alone."—N. P. N. Pillai in the *Journal of Family Welfare* (Bombay), March, 1956.

STORK DERBY created in the will of Tom Foster, three times mayor of Toronto, Canada, has been won by Mrs. Muriel Scott, 38-year old wife of an unemployed construction worker. She gave birth to nine children in the last 10 years. She has given birth to 21 children in all.

SINCE THE ROTA was attacked some years ago with the claim that it provided a loophole through which wealthy Roman Catholics could get their marriages dissolved, the Vatican has taken pains to publish yearly a statement of its proceedings. In 251 cases filed last year, 43% were heard without payment of any fees. There were 247 matrimonial cases, in which 108 were decided affirmatively—i.e., the nullity of the marriage was recognized; in 139 the claim of nullity was rejected. Of the cases in which the marriage was declared to be null and void, 38.8% represented charity cases.

NEW BOOKS IN BRIEF REVIEW

SEXUAL HYGIENE AND PATHOLOGY: a manual for the physician, by John F. Oliven. Pp. 481, price $10 from J. B. Lippincott Co., East Washington Square, Philadelphia 5, Pa., 1955.

Psychiatrist Oliven (New York City) has written a really encyclopedic treatise, addressed to the medical profession. Successive sections take up childhood sexuality, adolescent sexuality, that of the normal adult, and sexual pathology. Actual errors are few, and the author shows good judgment at almost every point in this discussion of material, much of which is highly controversial. Main defect of this valuable book is the literary style Not merely does Dr. Oliven carry medical jargon to the limit, but he is fond of adding home-made compounds such as medico-ancillary and heredo-prognostic. Covering so much ground, he is naturally unable to provide as much detailed help in treatment, as many would want; but he has contributed a reference book of high quality.

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MARRIAGE HAPPINESS OR UNHAPPINESSS, by Tom R. Blaine. Pp. 197 (no index), price $2.50 from Dorrance & Co., 131 N. 20th st., Philadelphia 3, Pa., 1955.

Based on his experience in hearing more than 10,000 divorce cases, Judge Blaine (Enid, Okla.) believes that "many marriage problems of our day are not as difficult to solve as most of us believe" and he "has no doubt whatever that marriage happiness is attainable by all who intelligently and sincerely desire happiness and try to adjust their way of thinking and way of life to making happiness possible." In more than half of the divorce suits, he comments, "it is my opinion the parties are about equally at fault." He discusses many aspects of the problem and ends with a summary of state laws relating to divorce. He urges the necessity for well-trained marriage counselors available to everyone, at public or private expense. Divorce judges are often criticised as having only a very one-sided picture of marital difficulties; but Judge Blaine writes in an unassuming, informal style, recounting his own observations and experiences, and anyone interested in marriage will find his book entertaining and instructive.

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MAN AND BOY, by Ned Armstrong. Pp. 299, (no index), price $3.75 from Little, Brown & Co., 34 Beacon st., Boston, Mass., 1956.

The author is a newspaperman, playwright, and advertising writer, who was left, by the sudden death of his wife, with a 10-month old son, whom he determined to bring up in New York City "by himself," instead of leaving the baby with a great-aunt in Oklahoma. The boy is now eight and in this unusual book the father tells how they have made out. This is something new, and the writer of it knows how to tell a story. Read it!

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FACTS OF LIFE AND LOVE for teenagers, by Evelyn Millis Duvall. 2nd ed., pp. 426, price $3.50 from Association Press, 291 Broadway, New York 7, N.Y., 1956.

Revision of a book which appeared in 1950 in the first edition and is claimed to have sold more than 500,000 copies since then,—sufficient evidence of popularity. More than 50 pages have been added in

bringing it up to date.

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HOW TO CATCH A MAN: a do-it-yourself manual, by Ann Bunting. Pp. 128 (no index), price $2.50 from Vantage Press, 120 W. 31st st., New York 1, N.Y., 1956.

Thirty-two brief sketches which the author doubtless supposes to be cute and clever, but which are merely silly and stupid. Readers who want practical assistance on how to catch a man will get no help from this source.

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THE PREVENTION OF CRUELTY TO CHILDREN, by Leslie Housden. Pp. 406, price $7.50 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1956.

Imported from England, this book presents a ghastly picture which could probably be duplicated in any other "civilized" nation. After a survey of past conditions it offers the contemporary picture, especially describing the situation of children in their own homes. A final section on the future gives detailed suggestions for improvement of the home and the social environment, and insists that parents must be held responsible for the welfare of their offspring. "The education of parents comes too late, even when they are willing to be educated. It is the potential parents who must be educated before the birth of their first-born." If a reading of this volume led North Americans to find out what is going on in their own communities, and take appropriate measures to improve their own situation, it would be well worth while.

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PSYCHOANALYSIS OF BEHAVIOR, by Sandor Rado. Pp. 387, price $6.50 from Grune & Stratton, 391 Fourth ave., New York 16, N.Y., 1956.

An outstanding analyst reprints 28 of his papers, dating as far back as 1922, and giving an impressive picture of his own intellectual development and of the broadening of psychoanalysis. As is the case with most writings in that field, the average reader will find many stimulating ideas, mixed with others that will be unacceptable.

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SEVEN STEPS TO PEACE, by Ruth Bjorkman Samson. Pp. 138, price $4 from Exposition Press, 386 Fourth ave., New York 16, N.Y., 1956.

In this book dedicated to her two draft-age sons, Mrs. Samson (a California teacher) explores the possibility of creating a world government that will eliminate the constant killing and maiming of mankind. One chapter discusses "relationship of home environment and heredity to world peace," urging that mothers be paid a salary proportionate to the number of their children, and given an annual vacation at public expense.

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THEORIES OF LEARNING, by Ernest R. Hilgard. Pp. 563, price $5.50 from Appleton-Century-Crofts, 35 W. 32d st., New York 1, N.Y., 1956. (Second edition.)

First published in 1948, this standard textbook is now brought up to date, and enlarged by one-third. Dr. Hilgard (Stanford University) writes primarily for the graduate student.

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BRIEF CHATS WITH PARENTS, by S. R. Laycock. Pp. 185, (paper covers), price $2 from Copp Clark Pub. Co., 495 Wellington st, West. Toronto 28, Ont., Canada, 1956. (Obtainable in the U.S. from C. C. Heath & Co., 285 Columbus ave., Boston 16, Mass.)

The dean of Canadian leaders in parent education tells "how to help your child grow up" in 51 short chapters, based largely on radio talks. Questions

for discussion are added. As always, Dr. Laycock is practical, constructive, and readable.

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THE BIOLOGY OF MAN, by John S. Hensill. Page 440, price $5.50 from The Blakiston Co.

Intended for a college text and addressed to students beginning the study of the subject, this volume naturally covers a large field. It gives 60 pages to human heredity, development, pregnancy and birth, and 30 more to reproduction. Illustrations are abundant and mostly good. Dr. Hensill is associate professor of biology at San Francisco State College.

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HYPNOSIS and its therapeutic applications, ed. by Roy M. Dorcus. Price $7.50 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1956.

Although prepared as a college textbook, this discussion is so well written that it will appeal to a much larger circle of readers. Dr. Dorcus (professor of psychology at UCLA) has brought together 12 papers by different writers covering different aspects of the subject authoritatively. Susceptibility has nothing to do with intelligence. Females are perhaps slightly more susceptible, and younger persons more so than older persons. Only about one-fourth of the population can be induced easily into the deepest stage of hypnosis; and few professional hypnotists themselves can be hypnotized, it appears. Apart from its use by the physician, surgeon, and psychotherapist, hypnotism is described as particularly valuable in dentistry.

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FAMILY LAW FOR CALIFORNIA LAWYERS, ed. by Felix F. Stumpf. Pp. 779. California Practice Handbook No. 5, published by the Extension Div., University of California, Berkeley, Calif., 1956.

This big book, published in connection with courses of lectures called "Continuing education of the bar," contains 24 papers covering almost every aspect of family law. An unusual feature is the first chapter, by Paul Popenoe, on "Emotional Problems of Marriage and Divorce,' intended to help attorneys decide when there may be some better solution of the problem presented, than divorce.

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YOUTH: the years from 10 to 16, by Arnold Gesell, Frances L. Ilg, and Louise B. Ames. Pp. 542, price $5.95 from Harper & Bros., 49 E. 33d St., New York 16, N.Y., 1956.

Another important contribution from the Gesell Institute of Child Development, New Haven, Conn. Like the volumes dealing with earlier ages, it outlines in great detail the characteristics of each calendar year in the youngster's life. While the authors try to guard against the supposition that such an outline is rigid, they have been strongly criticized for underemphasizing the great variability of children. This study is based on 115 children who were "repeatedly seen through adolescence." They were in New Haven, and it is not claimed that they are representative of the American population as a whole. The findings therefore need to be applied very carefully.

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UNDERSTANDING OUR BEHAVIOR, by Lester D. Crow and Alice Crow. Pp. 353, price not stated; from Alfred A. Knopf, 501 Madison ave., New York 22, N.Y., 1956.

A textbook, along conventional lines, dealing with the psychology of personal and social adjustment. It is comprehensive and constructive in outlook. The authors are on the faculty of Brooklyn College.

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c
Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING: A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502 MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

Pub. No. 508. MATURITY AND OLD AGE INDICATOR, By Christopher Ruess. Invaluable for those dealing with the elderly. Questionnaires, instruction sheet, and set of scoring devices for use in detecting elements of psychological old age any time after 30 and preventing its development. Complete set 1.00

Pub. No. 517. SEXUAL INADEQUACY OF THE MALE.....1.00
The most practical, concise and explicit discussion available of the non-medical treatment of a very common condition which affects several million husbands in this country and Canada, and therefore affects an equal number of wives.

★ ★ ★

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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....**25c**

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy **25c**

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